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UNITED STATES DEPARTMENT OF AGRICULTURE

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Housekeepers'Chat Monday, December 17, 1928

(NOT FOR PUBLICATION)

Subject: Menu, Questions and Answers. From Bureau of Home Economics, U. S. Department of Agriculture. Quoted editorial from Country Gentleman.

NOTE: This program is substituted for "Marketing Tips for the Holiday Hostess."

Bulletins available: Housecleaning Made Easier; Methods and Equipment for Home Laundering.

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Although there are many important items to be taken care of today, including, questions and answers, a menu, and a new recipe, I'm going to take two minutes of your time to read a clipping sent me by a radio friend.

"Dear Aunt Sammy," she writes, "When I read this editorial, it made me think of Billy, the little boy you mention so often in your programs."

Here is the clipping; it is called "Christmas.":

"It is great to be only six or thereabouts. For then you do not have to learn that 'the most wonderful and the strangest things in the world, you know, are just the things no one can see.' You know it already by grace of being only six or thereabouts. And knowing it, you know there is a Santa Claus.

"So all the joys of Christmas are yours. The thrill of anticipation when the empty stocking is hung up beside the chimney, where it will be handy for Santa Claus. The eager tumbling out of bed on Christmas morning to see what he has brought. The gleeful surprise when the well-filled stocking yields up its store. All the hard-bought wisdom of the elders has taught no better way of getting the most out of Christmas than this. Nor out of life.

"For it is the rule, from which there is no departing, that we receive only as we believe.

"Once each year, at Christmastime, humankind struggles upward toward the light. The airs of cynicism and disillusionment are flung aside. A spirit of good cheer irradiates the world. Everyone strives again to be young, to regain once more a little of the simple faith and wonder of childhood."

I like that very much; I'm glad it was sent to me.

Now, shall we take the menu and recipe first, or the questions and answers? The menu? All right.

Here is the menu: Spaghetti, Tomatoes, and Codfish; that's the name of one dish -- I'll give you the recipe for it in a minute; Spaghetti, Tomatoes, and Codfish; Panned Kale or Quick-Cooked Cabbage; Asparagus Salad with French Dressing; and Cranberry Muffins.

The Spaghetti, Tomato, and Codfish combination is something rather novel -- I believe you will like it very much. Ten ingredients, for this dish:

2 cups spaghetti, broken in small pieces
1/2 pound salt codfish, diced
4 cups canned tomatoes
2 bay leaves
1 onion minced
1 tablespoon chopped parsley
1-1/2 tablespoons olive oil, or butter
1/3 cup olives, stoned and cut, and
Salt if needed

Ten ingredients. Check them, please: (Repeat ingredients).

Soak the codfish in cold water to cover for 1 hour or longer until sufficient salt has been removed. Cook the spaghetti in boiling salted water until tender, rinse in cold water, and drain. Simmer the tomatoes with the bay leaves for about 20 minutes, and remove the bay leaves. Brown the onion, parsley, and drained codfish for 10 minutes in the olive oil, or butter, add to the tomatoes with the olives, and cook for 10 minutes longer. Add the cooked spaghetti, and serve as soon as thoroughly heated.

The recipe for Cranberry Muffins is in the Radio Cookbook, but I shall broadcast it anyway, since this is the season for cranberries, and some of you do not have the radio cookbook. Nine ingredients, for Cranberry Muffins:

1/3 cup melted butter
1/4 cup sugar
1 egg
3/4 cup milk
1/4 teaspoon salt
2 cups sifted flour
4 teaspoons baking powder
1 cup cranberries, and
2 tablespoons sugar

Nine ingredients. Please repeat. (Repeat)

Break the egg into a mixing bowl. Beat it lightly. Add the milk. Sift the dry ingredients. Add the milk and egg mixture; also the melted butter. Roll the cranberries in the 2 tablespoons of sugar and fold them carefully into the batter. Place in greased muffin pans. Bake in a moderate oven about 1/2 hour, or until brown.

To repeat the menu: Spaghetti, Tomatoes, and Codfish; Panned Kale or Quick-Cooked Cabbage; Asparagus Salad with French Dressing; and Cranberry Muffins.

Let's spend the rest of the time answering questions. Here's one from a woman who wants to know how to keep a cookstove from getting rusty. I'm sending her a copy of the bulletin called "Housecleaning Made Easier," which tells how to keep rust from iron utensils, and stoves. If you keep your stove well polished, and rub it off from time to time with a cloth moistened with kerosene, I don't believe it will get rusty.

Next question: "Please tell me how to clean curtains which have been discolored by smoke. Does soaking in salt water help remove the dirt?"

Answer: I am sending you a copy of the laundry bulletin, which gives general directions for washing curtains, as well as clothing, and other articles ordinarily used in the home. I can see no advantage in soaking smoke-soiled curtains in salt water. If the curtains have been badly discolored by the smoke, it would be well to soak them in carbon tetrachloride, which is a non-inflammable solvent, before washing them in soap suds. The carbon tetrachloride will dissolve the grease which holds the soot. If, after this treatment, your curtains are still not as white as you wish, they might be bleached with Javelle water. Directions for this are given in the laundry bulletin.

Next question: "Please tell me how to keep the under crust, of a custard pie, from soaking up the filling." There is a very simple and easy way to keep the filling from soaking into the pie crust. Simply bake the crust first until it is delicately brown. Then put in the filling, and bake the pie until the filling sets. This method works just as well with juicy fruit fillings, as with custard and lemon pies.

Next: "Please tell me some good ways to cook rabbit." Rabbit can be cooked in any of the ways chicken is cooked. Young tender rabbits may be fried or baked, and older ones cooked in a casserole, or simmered in brown gravy, or in tomato gravy. A casserole of rabbit that has been cut in pieces, browned in bacon fat, and then baked in a gravy, is a very good holiday meat, for the family which does not have a turkey. Vegetables may be cooked with the rabbit, or served separately, as with chicken. Cranberry sauce or jelly, or any other jelly liked with meat adds a festive touch to the menu, as do a few pickles or olives, radishes, celery, salted nuts, and so forth.

Now the last question is the important one today. It is from a housewife who says she never has found a good way to use up the very last of the left-over turkey. I showed this letter to the Recipe Lady, and she told me how to combine left-over turkey with rice, and make a delicious concoction. There are six ingredients in this dish--would you like to write them down? Six ingredients, for Left-Over Turkey and Rice:

1 quart turkey broth
2 cups chopped turkey meat
1 tablespoon butter
1 onion, minced
1/2 cup rice, and
Salt and pepper

I'll repeat the six ingredients, for Left-Over Turkey and Rice: (Repeat)

Pick the meat from the bones of left-over cooked turkey. Stew the bones in enough water to make a quart of broth, adding any left-over gravy or sauce that will furnish turkey flavor. In a large skillet, cook the minced onion slowly in the butter, until the onion turns yellow. Do not let the onion brown. To this, add the turkey broth. When it boils up rapidly, sprinkle in slowly the rice, which has been washed free of surface starch. Cover the skillet. Allow the rice to simmer in the broth for about 25 minutes, or until the grains swell and become soft. Shake the skillet from time to time to keep the rice from sticking, but do not stir unless absolutely necessary. By the time the rice is done, it will have absorbed practically all the broth, and the grains will be large and separate. Then add the small pieces of turkey which were picked from the bones, turn the mixture onto a hot platter, and garnish with parsley.

Tomorrow: "Last-Minute Gifts from the Kitchen."

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